



# Visiting Parks and Recreational Facilities

Protect Yourself and Others from COVID-19

Staying [physically active](#) is one of the best ways to keep your [mind](#) and body healthy. In many areas, people can visit parks, trails, and open spaces as a way to relieve stress, get some fresh air, and stay active.

**Know before you go:** While these facilities and areas can offer health benefits, it is important that you follow the steps below to protect yourself and others from COVID-19.

## DO

- ✓ Visit parks that are close to your home.
- ✓ Check with the park or recreation area in advance to prepare safely and to find out if the bathroom facilities are open and what services are available.
- ✓ Stay at least 6 feet away from others you don't live with ("[social distancing](#)") and take [other steps](#) to prevent COVID-19.
- ✓ Carefully consider use of playgrounds, and help children follow guidelines.
- ✓ Play it safe around and in [swimming pools](#), hot tubs, and water playgrounds by keeping space between yourself and others.

## DON'T

- ✗ Visit parks if you are sick with, tested positive for COVID-19, or know you were recently exposed to COVID-19.
- ✗ Visit crowded parks.